

What is more important TUT or heavy weights lifted when it comes to muscle growth

In summary, both heavy weights lifted and TUT are important for muscle growth, and the optimal balance between the two will depend on the individual's goals and training program. A well-designed program that incorporates both heavy lifting and TUT can provide the necessary stimulus for muscle growth while minimizing the risk of injury and overtraining. A certified personal trainer or strength and conditioning coach can help design a program that is customized to an individual's needs and goals.

Both time under tension (TUT) and heavy weights lifted are important factors for muscle growth, but the relative importance of each can depend on the individual's goals and training program.

Heavy weights lifted are important for muscle growth because they provide the necessary mechanical tension to stimulate the muscle fibers to adapt and grow stronger. Lifting heavy weights activates the high-threshold motor units, which are responsible for producing the greatest force output and have the greatest potential for hypertrophy.

However, it's important to note that heavy lifting alone may not be enough to maximize muscle growth. TUT also plays a role in muscle growth by creating metabolic stress on the muscle fibers, which can stimulate muscle protein synthesis and promote muscle growth. By increasing the time that the muscle fibers are under tension, TUT can also increase muscle fiber recruitment and activate the slow-twitch muscle fibers, which have a greater capacity for endurance.

In addition, training with heavy weights can be taxing on the nervous system and require longer recovery periods. Incorporating TUT can allow for more volume to be performed without overstressing the nervous system and provide an effective stimulus for muscle growth.

Total volume is also important for muscle growth because it provides a cumulative stimulus that can contribute to hypertrophy over time. However, if the volume is too high and the intensity is too low, it may not provide enough tension on the muscle to elicit significant growth.

Ultimately, the most effective approach for muscle growth is to combine both TUT, high mechanical tension, and total volume in a well-designed training program. This program should incorporate progressive overload, which involves gradually increasing the weight or resistance over time, as well as proper nutrition and recovery.